















OR

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A DISEASE AND TO BE TREATED AS SUCH,

MODES OF TREATMENT, &C.

BY

CHARLES R. STEPHENS M.D.

SALEM, MASS.

T. J. HUTCHINSON & SON, . . . STEAM PRINTERS.

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INEBRIETY

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PREFACE.

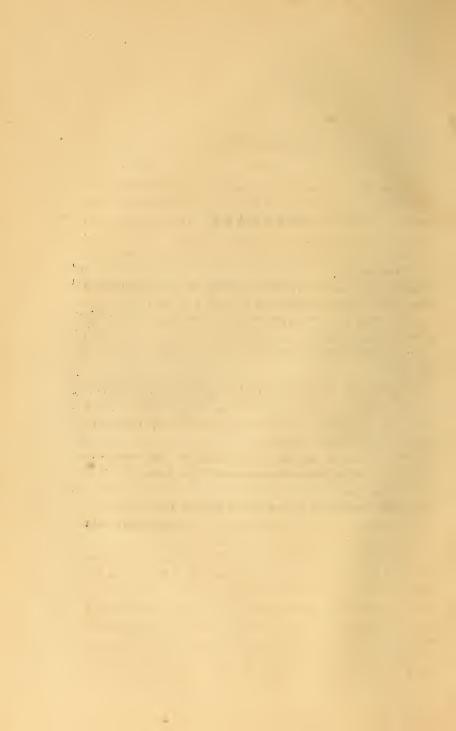
THE genius of the age seeks for truth as evidenced by facts and experience; thorough and reliable knowledge of the matters, with and upon which we work is the great desideratum of our progress.

Man in this mineteenth century earnestly seeks and eagerly adopts that knowledge. Mistakes in principles of action, or in the method of their application to the business of life, are readily corrected when recognized.

I have stated my convictions upon a matter of great importance to the well-being of the community, in the simplest language I could command and with a studied avoidance of technical terms, in order that every reader may understand me; I have explained all purely professional terms which were unavoidably used; I have given my ideas as to the application of my theory to the needs of the community, and I refer both my theory and its application to the common sense of the people.

I desire to acknowledge my obligations to John F. Devereux, A.M., for valuable assistance in the preparation of this little work.

C. R. STEPHENS, M.D.



INEBRIETY.

Vini morbus, or Inebriety or addiction to drunkenness is a disease per se, (of itself); it has an actual existence aside from any diseased condition of the body; this disease often exists in persons who are otherwise healthy. The disease pre-exists in the body, but the use of alcoholic stimulants will develope it.

The disease has always existed; the present generation is more seriously affected by it, than any that have preceded it; this is due to the effects of inheritance; the belief that man wilfully creates the disease is erroneous; that men are responsible, in a measure, for its development, is true.

The desire for alcoholic stimulants, which is a symptom of *vini morbus*, is almost universal; the few who do not have this desire are exceptions to the general rule; this disease is man's worst enemy.

Vini morbus, in popular phraseology is "Inebriety," or as it would more plainly be rendered "the desire for alcoholic drinks."

Why do men drink? he who can answer the question is ready to propose some rational method of doing away with a terrible scourge of mankind—drunkenness.

As the world has advanced in civilization and enlightenment, it has learned to appreciate and to deplore the ills which attend its practical progress in every direction.— With the growth of man's mastery over the material world the development of new resources, which have contributed to his comfort and luxury—has gone on step by step, an increase in the possibilities for physical and moral harm, which man's perverse ingenuity has made the most of,

until, today, he is cursed with ills of an extent and magnitude almost equal to his blessings; chief among these ills is the excessive use of alcoholic drinks.

He who would bring about any good result must know well the nature and properties of the material upon which he has to work, or he must fail in his attempt.

He who would combat successfully any ill must understand its nature, or he takes up arms against it in vain, and his utmost exertions can only bring him the uncomfortable consciousness of defeat.

I am well assured that Inebriety, vini morbus or addiction to drunkenness, has never succumbed to the fierce and protracted war made upon it, by some of the best intellects, and the most hopeful philanthropists of the age, only because its true nature has not perceived and, consequently, the well-meant efforts for its suppression have been misdirected.

Every page of man's recorded history confesses to the presence of drunkenness, but not until our more modern days has it been denounced as an unpardonable sin, and excommunicated with the "anathema maranatha" of reputable society; nor until our time has war been declared against it, and combined and persistent efforts been put forth for its suppression.

Temperance organizations have endeavored to frighten man from the use of the various drinks, or have attempted to coax from the perverse race of Adam an abandonment of their use, as a prevention of their abuse; but threats and denunciations have failed, and the gentle persuasions of the reformer have fallen on deaf ears. Temperance societies have proved themselves unable to grapple successfully with the great evil.

Woman, to whom the American people pay the largest deference in virtue of her sex,—woman, whose influence among us is as great as ever it was in the palmiest days of chivalry,—woman, whose possibilities with man are, to-day,

based upon a deeper, truer respect, and supported by a sincerer allegiance than ever actuated the Knight Errant of old, has brought all her feminine artillery to bear upon the strongholds of the liquor traffic; and although the modern "crusaders" found that every fortress would capitulate upon their summons, yet the moment their forces left the field, the unabashed enemies drank to the good health of their fair foes, in bumpers of special potency.

The use of liquors is as prevalent as ever, to say the least, and all attempts to do away with it have, as yet, resulted in no appreciable success; drunkenness still curses the land; and always must until its real nature is understood, and until the steps taken to suppress it are based upon a wise and practical application of that knowledge.

The immediate provocatives, the causes which call into activity the pre-existent disease, are multiform, and thus furnish subjects for earnest thought and careful enquiry. Medical science has long been aware of many of the pre-disposing conditions; some of them are very readily recognised; among them we find

Appetite inherited from intemperate parents;

Imperfect development of the vital organs, causing lan guid circulation and feebleness of action of the heart;

Excessive sexual indulgence;

Loss of nervous vitality, through over-work; disappointments of various sorts, and the reaction from states of unusual excitement; in fact anything that causes perturbations of the nervous system, whether it be unnatural excitement, or depression, serves as an exciting cause; the germ of the disease exists in the system only waiting favorable conditions for its development.

The unfortunates in whom these causes have roused the sleeping malady, find themselves beset by a fierce craving for alcoholic stimulants; but they find, too, that this craving grows with what it feeds on, and few have the strength of will to deny gratification to this desire for drink,

the symptom of *vini morbus*, for a sufficient length of time to lull the disease to sleep again. Most of them indulge it, and daily furnish fresh food, which means fresh strength, to the disease with which they are afflicted.

The habit of using stimulants finally grows to be a necessity, and the chains of the disease are welded more and more firmly around the will, which grows weaker and weaker to resist the demands of the growing appetite, until too often, self-control is entirely lost, and the individual needs the restraint of an authority which can enforce the abstinence from liquor which the state of health imperatively demands, as the sole means of cure.

I insist that my position that drunkenness is a disease, per se (of itself) is proven by the results of all experience; nothing is more assured in all the scope of medical knowledge.

Men are powerfully controlled by many considerations; regard for reputation and social position, carefulness in the matter of expenditure, and many other influences, act as powerful restraints upon many; but, the "moderate drinker," who plumes himself upon never having been the worse for liquor, is a victim, in a less degree, of the self-same disease that keeps the more incautious, and less selfish, "habitual drunkard" in the gutter; both, I repeat, are diseased, the sole difference lies in degree.

We deliberately develope this disease by the unnecessary use of intoxicants.

Of all the physical scourges of mankind this is the most insidious, the most fatal to health and happiness, and, at the same time, the most difficult to check, or cure. It evades the remedial approach of the physician like a thing of mist and shadow, and its very victims hug the fatal malady to their hearts, and insist that it shall have unimpeded sweep over their frames whose nerves it racks, and whose powers of resistance it is steadily sapping, hour by hour.

Alcohol is a necessity in many of the arts as an agent

in various processes; it has its place in man's manipulation of the material world about him in furtherance of the ends of civilization and practical progress, it must be manufactured and made use of; special complications of disease demand its use by medical men; medical emergencies imperatively call for it; as they do often, for other remedial agents of terrible strength whose daily use, *uncalled for*, would equally destroy the physical health and mental balance. Stimulants are a necessity in some diseases; the craving for them is a symptom of the presence of a disease—of *vini morbus*.

Men are born with this disease latent in their systems; many causes serve to excite, and urge it to complete development.

Men are born with a disease or complication of diseases, of which this is an inevitable shadow.

Since the world began inebriety has claimed a large percentage of the victims of life's ills; as long as the world lasts it always must, unless the nature and workings of this curse of humanity are thoroughly sought for and revealed, that its effects may be avoided.

If we would benefit the world by checking the inroads of drunkeness upon the happiness, health and prosperity of mankind we must seek and find the true answers to these vital questions,

What is this disease?

What are its provocatives, and conditions?

Can those provocatives and conditions be prevented or avoided, and how?

The application of the information thus gained is the only possible, *practical* temperance reform.

Inebriety is as truly a disease as any other abnormal condition of the body, or its organs; it differs from other diseases in its origin, symptoms and results.

All disturbances of the nervous forces act as exciting causes and general provocatives of the malady, and induce

the use of the alcoholic stimulants which produce the result commonly called drunkenness.

The innumerable accidents of life which call for the expenditure of great mental or physical labor, exhaust the vital force and disturb the equilibrium of the nervous system; all emotional excess, all passional indulgence, carried beyond the limits of moderation, produce the same effects, and call forth the disease.

It is true, too, perhaps, that the attempts to repress the gratification of man's natural passions, or to deny the fulfilment of their proper functions to the various organs of the body rouse the disease.

But mankind rarely sins in the direction of asceticism, or extreme self-denial; yet any departure from the conditions of perfect health is productive of an abnormal state against which nature procests, and to the cure of which she bends all her sleepless activities; she constantly prompts the possessor of the organism which is out of gear to ceaseless effort to remedy the trouble, and man has discovered that alcoholic stimulants will supply *temporarily*, his nervous wants, and hush for a time, nature's complaint, and demand for a remedy.

Some individuals have inherited an abnormal state of the body, and those individuals must be treated as diseased from their birth; and the children of those who have developed this disease, must be carefully guarded from the excitants calculated to call forth the malady which they have probably inherited; and, whenever it is possible, *in all cases* other remedies should be applied in order to avoid the peculiar symptoms that the use of alcohol gives rise to.

Others, free from the active manifestations of the disease, deliberately call them forth by the habitual use of alcoholic drinks.

Man enjoys and seeks the mental excitation that is the immediate effect of alcohol; the sensations resulting from increased activity of the mind, and especially of the imagina-

tion, are pleasurable to all, and have exceedingly great attractions for many. At first stimulants are used to produce this mental exaltation and imaginative fervor; the reaction inevitably follows after the effects of the liquor have passed away: the nervous force is insufficient for physical needs; the brain is dull and inactive, then comes the effort to repair the loss of vigor and mental power by renewed doses of stimulant; the economy of body and brain is disturbed; the disease is awakened; the moderate use of drink to supply the nervous want makes the "moderate drinker"; the reckless seeker for its excitement and he becomes the "habitual drunkard."

Nature if left to herself can accomplish the cure of many of the diseases of men, especially in their first manifestations; and this disease, in the extent to which the moderate drinker is afflicted by it, can be cured by nature in a short time, and without much suffering on the part of the patient; but where the reckless one has induced an advanced stage of the disease, the sufferer can not resist the demands of his cravings, and is a hopeless slave to an unconquerable appetite, the consequences and symptom o *vini morbus* in an aggravated form.

Such are the conditions in general, which excite this disease. The truth of the matter can be briefly stated in this way, all nervous waste must be supplied in some way; nature's demands in this respect are imperative; alcohol substitutes for the natural nervous energy, a feverish excitement which further weakens the impaired organs, and finally creates a necessity for its own continued use to prevent total collapse of functional power—excites a disease in the attempt to renew exhausted powers, for which rest and generous food would in most cases, have proved an all sufficient prescription.

To avoid the appearance of inconsistency, and in order that a perfectly clear understanding of the innumerable causes which produce or rather admit of the development of *vini morbus* or inebriety may be had by the reader, it will be well to explain in some detail.

Every effect must have a cause, there is no such thing as "spontaneous generation."

No educated medical man doubts the existence of an entity which is the cause of yellow fever, small pox, cholera, measles, whooping cough, etc.; yet, this entity, the "materia morbi" has not been discovered; we know that it exists from its effects, and this existence is unquestionable, and forms part of the firmest conviction of all earnest enquirers and thorough investigation of medical facts.

All through nature there is a continuous, never ceasing, struggle for existence wherever circumstance and conditions make it possible; but sometimes a germ seizes a foothold, and forces its way to a full development.

The desire for alcohol is a disease; that the desire is a morbid one is self-evident, and is shown by its effects upon the organism.

There is something in the constitution of man which craves stimulants; alcohol meets this craving and feeds the morbid principle and thereby developes it.

There is a continual struggle by man's higher nature to vanquish this terrible enemy. The morbid principle which creates cholera is an animated something, vegetable or animal, and in man's body it meets with the requisites for its development: so it is with the germ from which *vini morbus* is developed.

The germ of this disease exists; but, an exciting cause and favorable conditions are needful that it may arrive at maturity.

The causes are many; it is well nigh impossible to enumerate them all—the conditions are so various, and so difficult of description.

It cannot be denied that *vini morbvs* is transmitted from parent to child; this could not be from the nature of things, were it not an actual, existent disease, independent

of any superinduction by the use of alcoholic stimulants, on the part of the unfortunate progeny.

Many authors have advanced theories and published opinions upon the subject of drunkenness and its causes, which give rise to the belief that the desire for stimulating drinks is simply a craving of the system for some needed supply that the food cannot furnish. This is evidently erroneous; the children of intemperate parents often possess a complete and perfect, physical development; yet these seldom escape the disease to which the parents were subject. This fact has been often noticed, and in times long since past, Plutarch said "one drunkard begets another" and Aristotle has put on record the fact, that "drunken women bring forth children like unto themselves."

Modern observers recognise fully the baneful effects of the use of alcoholic stimulants, but fail to note the *origin* of the appetite for them; but when the *vini morbus* has reached a high point of development they do not hesitate to admit the truth, and then call it "disease"; in its incipient stage they seem to consider the desire for stimulants as simply an exhibition of an abnormal appetite.

When fiercely hungry, the hungry man may eat too much at one time, but he will not repeat the mistake deliberately, and at least feels none of that irresistible compulsion to excess which is the distinguishing peculiarity of the appetite for drink, which removes it from the control of volition or will, and gives it the unmistakable characteristic of disease.

A thorough and exhaustive explanation of the process of the development of *vini morbus* from the first exhibition of it to its mature development, involves an almost incredible amount of labor.

It is easy to observe and record effects, and make no attempt to detect, trace out, and explain the cause of them; but to determine and to clearly state, and prove the real origin of a disease so generally misunderstood, in re-

gard to which theories are so loose, and in connexion with which prejudices, of opposite natures, are so bitter and wide spread, is a task of no small magnitude.

When this disease has reached a certain stage of development in any individual, every man of common sense recognizes the trouble as a disease, and so thinks, and speaks of it; every scientist and medical man pronounces it such, and neither considers it in any other light; nor does either of these two classes hold the unfortunate individual any more responsible than they would if he had inherited some syphilitic infection, or mental eccentricity, which, under favorable circumstances, would be developed into insanity. They do not hesitate to call it disease.

The moderate and occasional drinkers are bitterly prejudiced against the habitual drunkard, and denounce his "weakness" and "want of self-control"; for they must accuse him to defend their own habits; and the reason for their perhaps unconscious injustice is sufficiently evident. But, although this is intended for a scientific exposition of drunkenness, its nature an dcauses, and would carefully avoid all that is foreign to the realm of scientific truth, I must, as a duty, state in the most emphatic terms that the difference between the moderate drinker and the confirmed drunkard is one of degree, and not of kind. In the one the germ of the disease has reached maturity, and the disease has full control of the body and mind; in the other it is in process of development.

A fellow feeling should teach the "moderates" charity; for they are themselves in danger of finding the disease escaped beyond their control; and, Heaven knows, that the most pitiable of God's creatures is the man who is a victim to the tormenting craving for alcoholic stimulants, conscious of his inability to resist it, and who supposes himself to have called into being—created the demon that haunts him.

It is the belief of the author, that a large majority of

those born in this age of the world have inherited veni morbus.

Some few individuals escape the disease entirely; that is, they not only do not have the taste or desire for alcoholic stimulants, but they even have a disgust for them, which seems to be a constitutional repugnance caused by some peculiarity of the physical system, forming unfavorable conditions for the existence and development of the germ.

It is even true that, sometimes, the offspring of drunken parents experience a distaste for stimulants; these cases, however, are very rare, and form exceptions to the rule, for which it is not easy to account; yet the same fact may be seen in the children of syphilitic parents; it being the rule that the offspring will be infected, yet some will escape the infection, and live undisturbed by the consequences of the sins or misfortunes of their parents.

Passing by the exceptions, and treating of the general rule, I proceed to give a brief description of the cause of the disease.

This disease does not manifest itself, generally, until the age of puberty, and often, not until later in life. Yet where the germ has a foothold in the system, if the individual be allowed to act without restraint, the nervous disturbances co-existing with the change from boyhood to manhood and the development of the organs of sex, make a favorable condition for the progress of the disease and the slightest encouragement on the part of the individual is sure to bring it out.

Should restraint, or want of opportunity, prevent indulgence and the germ be allowed to remain quiescent in the system—where the disease has been inherited from parents afflicted with it in its most advanced stage—the individual will experience a strange desire for something which the food can not afford. The craving of the germ for the nutrition and supplies through which it may grow to the fully

developed disease produces restlessness, irritability of temper, lassitude, depression of spirits, etc. etc. At this point, no doubt can exist that, with a proper course of treatment, which should be principally hygienic, the disease might be throttled in its infancy.

Ignorance of the true nature of the difficulty, on the part of most of mankind, renders this summary disposal of the disease well nigh impossible. The victim of the malady yields to the governing impulse of his nature, and soon passes irretrievably under the complete control of the appetite which is to destroy the body, and rob him of health, wealth and respectability. His fellow-men look on with a curiously mixed expression of pity and contempt. They will ridicule his weakness, and deride the vice of which they assert he is guilty; yet they make no practical effort for his redemption, or salvation.

The want of sympathy for the unfortunate sufferer—this harsh, and bitterly false, criticism of the acts of one who cannot be held responsible for them, on the part of professed christians—this sharp example of "man's inhumanity to man" shocks the thoughtful man who knows the miserable falsehood of the charge, and feels the utter helplessness of the struggling victim of an irresistable propensity. As well may we hold the patient suffering from high fever responsible for the torments of thirst which well nigh drive him mad—as well hold the lunatic responsible for the wild incoherence of his insane imaginings—as well hold responsible the sufferer from any other disease for the peculiar symptoms which the disease manifests!

These social and moral critics, in their ignorance and uncharitableness, like the Pharisee of Holy writ "thank God that they are not as other men" forgetting that the moral scales of the Almighty alone are impartially true, and that the relative standing of individuals at the judgment will be determined by a strict general average; and it is apt to be the case that the victims of intemperance, barring

this one fact, are among the noblest of men, though impotent againt this as against any other disease with which humanity is afflicted.

The time is fast approaching when this false verdict will be reversed, and such help as man can tender to his fellow against disease will supplant this contemptuous bitterness of derision and misconception.

Not very long ago, all "the ills that flesh is heir to" were attributed to the direct, personal intervention of Providence and were looked upon as special visitations for particular sins of individuals. So extensive was the effect of this superstitious absurdity that it actually retarded the progress of medical science, and when Jenner discovered and published to a wondering world his grand discovery of vaccination as a defense against the attacks of small pox—a discovery so pregnant with immeasurable good to all mankind, he was looked upon as a wild empiric and a flouter of Providence.

All men cannot be poets, philosophers or statesmen; yet all are supposed to possess a moral nature sufficiently developed to instruct them in right and wrong, and are popularly supposed to have the power to choose the right. Hence it is argued that every man has the power to resist the temptation to drink, "if he only chooses so to do."

That this belief is entirely erroneous is evident from the facts set forth in the preceding pages, I certainly shall not be at a loss to convince any unprejudiced mind of the fact that the individual is incapable of resisting his craving for alcoholic stimulants, when "through habit," to use a very common expression, he has established the disease. Many confirmed drunkards possess a moral nature of a high tone, discover noble and generous impulses, and entertain a great horror and disgust for their unconquerable craving for drink. Such an unfortunate is an example by which I propose to illustrate the course of this all consuming malady, vini morbus.

A noble boy, generous, frank and fearless, looking forward to life's triumphs, proud of his conscious power to compass them, and earnest to put forth the efforts which he knows are called for, if he would realize his bright anticipations and splendid possibilities, has reached the age of puberty; and, with the waking to life of his passional instincts, has found all his preconceived ideas of possible pleasures and happiness overthrown, and a new interpretation of this life's meaning and its enjoyments revealed to him as by the magic of an enchanter's wand. As these new instincts arise and compel recognition, a purely physical change takes place within his frame, and, with other new desires, the germ of *vini morbus* stirs itself and seeks sustenance and growth.

An undefinable want of something forces itself upon his attention; he soon finds this want is met by the use of alcoholic drinks. He is satisfied, for the time, and congratulates himself that his knowledge of the means for enjoyment and happiness is completed and thoroughly rounded out by this acquisition of the experience of the "toning" qualities of intoxicating drinks. The buoyancy of his youth is made yet more buoyant by their effects; the brightness of his anticipations rendered yet more bright by their influence, his strength made stronger, and his ultimate success in the world painted in yet more glowing colors upon his imagination through indulgence in them. Under cover of the general disturbance of his whole system which takes place at this time of life, the insidious disease has put in its claim upon him, and deluding him by the specious gilding which it adds to the confident strength, and brilliant promise of his young days, steals upon him all unconscious of its approach and utterly heedless of its nature, until the glamour of its delusion finds a place in his belief as the discovery of a pleasant and valuable truth. He thoughtlessly yields to the growing impulse, and, day by day, complies with the increasing demand for

fresh aliment. Stronger and stronger grows the craving for the excitation of the poison; and more and more frequent, as the disease is more and more developed—less and less, hour by hour, grows the strength of will needed to resist this enemy of comfort and happiness which his unsuspecting innocence has admitted to the possession of a foot-hold in every part of his frame, body, brains and blood. He doubts for a long time if the suspicion of its poisonous nature which, at times, forces itself upon him is not a mistake; he argues that it really strengthens him, in mind and body, and tries desperately to see in it a friend and helper. Soon the germ has developed to the matured disease, and established a demand for fresh indulgence to correct the physical suffering and to relieve the mental incapacity which the use of stimulants has brought about. They have unnaturally excited body and mind; they must again be resorted to in order to make the inevitable reaction from that excitement endurable. At last the sufferer wakes to a dreadful realization of his danger and helplessness; his intelligence, and daily experience reveal to him the fact that his indulgence has almost made of him a drunkard; but he still believes that he can retrieve himself from the control of this appetite, which threatens to become all absorbing, and he makes honest and noble resolves to abandon the use of alcoholic stimulants, "to-morrow." But that to-morrow never comes; his weakened intellect pleases itself, for a while, with a fine picture of the determined rebellion against his insatiable tyrant which is to be inaugurated at some indefinite point of the immediate future, and meanwhile in the flush of his anticipated victory he welds yet more firmly the chains which bind his will, and feeds to a greater strength the enemy upon which he intends to declare war, -intends, but never does. That curious physiological effect which is characteristic of the use of alcohol, dethronement of the intellect—impairment of the reasoning powers-now supervenes, and this once

proud specimen of mental strength and physical health, has become the sport of a fearful disease—an automaton, thinking, moving, acting, as the spring of all his activities shall dictate—the slave of *vini morbus*. The desire for the indulgence in drink, has reached such a height that he has lost all power to control it, and his sole refuge from its demands is in a lunatic asylum, or through delirium tremens, that darkest of all the shadows that loom over the valley of death, he finds respite in the grave.

During the whole course of the disease, the man's moral and physical nature, struggles more or less determinedly against it; he promises himself that each indulgence shall be the last, and then—treats the resolution.

How many men make an honest resolve every twenty-four hours—three hundred and sixty-five times a year—that they will drink no more, yet how few ever carry this resolution into effect! and why do they not take this step, on the taking of which they feel that their safety depends?

They do not, simply because they cannot.

The individual is the slave of a terrible disease which his intelligence tells him is destroying him: conscience protests against the commission of suicide, experience daily repeated in the lives of others, warns him that he is rushing on to a most fearful death prefaced by a miserable existence of horrible suffering, embittered by the reproaches and contempt of all the world, yet, he cannot arrest his unwilling progress to such an end; still some of his fellows, who are witnesses of his vain struggles to regain a lost manhood, and auditors of his expressions of awful despair at his powerlesness, dare to deny that he is suffering from disease, and refuse to pity where they will not help.

As the disease gains ground from day to day, disorder of the vital organs follows, often resulting in organic disease.

The craving for the stimulant increases; the disordered organs emphasize the demand with one of their own, to

supply a want of power to discharge their functions, which has been generated by the use of the alcohol.

These organic disorders, and consequent weaknesses, are generally the cause of death to the moderate, constant drinker.

Vini morbus oftens results in death through delirium tremens, one of the manifestations of its effects.

Delirium tremens is not a disease, per se, but is a result of the antagonism and conflict which continually goes on between vini morbus and the organism in which it is developed; more will be said on this subject under the head of delirium tremens.

The reader now understands that the germ, existing at birth, asserts its place in the body, and demands nourishment and support, and that alcoholic drinks furnish that needed sustenance, and that alcoholic drinks taken into the system call into activity, and feed to maturity the germ of vini morbus. The disease progresses steadily and surely, until it has gained the strength which gives it the mastery over body and mind, and the sufferers are helpless to resist it. At the begining of the disease it might have been successfully combated, and the individuals not only been saved from its fatal results, but, also, from the diseases which are concomitant with or induced by vini morbus.

Can nothing be done?

Will not science assert here her holy mission to diminish the suffering and mortality induced by it among the sons of men, as science has already done in small pox and yellow fever—or is *vini morbus* to continue its work of destruction until man becomes more and more degenerate through its agency and is in danger of forfeiting his proud pre-eminence as the head of all created things?

Vini morbus, like the diseases originating from malarial poisons, manifests itself in many ways.

No two physical constitutions are alike in all respects, and this infinite variety gives rise to a corresponding dif-

ference in the symptoms and consequences of the disease in different individuals.

A sufficiently accurate classification of those who use, and suffer from the use of intoxicating drinks may be reached by dividing them into four classes as follows:

1st, the constant drinker; 2d, the moderate drinker; 3d, the occasional drinker; 4th, the periodical drunkard.

The constant drinker is the man who consumes a certain quantity of alcohol every day; he is never content or satisfied until he has taken his "ration"; he is never drunk, but he is never free from the influence of liquor; he walks his daily round of duty, attending to his business with no apparent disturbance of mind or body; he retains the respect and esteem of his friends and associates; no one suspects that he is a victim to vini morbus, until the disease has reached such a high point of development as to effect his brains, or to disturb the functions of the other organs of his body. He does not often die of vini morbus itself. but falls a victim to some one of the diseases which are attendant upon vini morbus, generated by the use of alcoholic stimulants. He oftens dies what is called "a natural death," and perhaps, no one but his physician knows the cause.

The moderate drinker only differs from the constant drinker, in the fact that he does not drink as often, or as much; the progress of the disease in him is proportionally slow, and may never reach as serious a point of development; yet, usually the moderate drinker leaves the world sooner than he otherwise would, hurried off the stage by some one of the many physical ailments to which his *vini morbus* has given aid and countenance.

The occasional drinker pursues no definite course; each case varies with the individual; such an one may be said to drink only when the "paroxysm" comes on; for a great part of the time he feels no craving for the stimulant, or uneasiness in consequence of abstaining from its use;

but, at times, the disease from which he is never exempt, is stirred to unusual activity by some exciting cause, and its demands are satisfied, and for a longer or shorter period, cease; pleasant companionships and the excitement of social pleasures, seem to be conditions favorable to calling forth his desire for alcoholic drinks; the smell of liquors and wines is, apparently, sufficient to cause this excitation of his usually dormant infirmity; there would appear to be an analogy between vini morbus, in the case of the occasional drinker, and man's sexual appetite. Many men will pursue their regular course of life, and be occupied with their business, to the utter exclusion of any thoughts of sexual indulgence; but should they see any individual of the opposite sex, whose beauty of form is remarkable, their passion is at once excited to a degree which makes its gratification seem to them an imperative necessity. both cases the desire exists in the system; in both circumstances and favorable conditions rouse it to activity.

The most unfortunate of all the victims of *vini morbus* is he who is known to medical men as the "periodical drunkard." In him the disease finds full development, and in him the exhibition of its terrible consequences, and power for harm, shocks the civilized world, and appeals to man's profoundest pity, while it excites feelings of disgust and dismay.

He, from the very nature of things, attracts the attention and is the object of the closest study of the physician; he is the subject of prayer in the churches, and at the home altar; he is the object for whose "reformation" all the influence of temperance organizations is exerted; he it is in whose degradation, infatuation, and helplesness against the tyranical appetite of which he is the bond slave, the world recognizes the true nature of the disease sharply defined in all its fearful characteristics.

For him, and his release from the affliction which destroys him, prayers to the Almighty rise, day and night, in

a ceaseless stream of supplicating agony from the trembling lips of gray-haired parents, whose fondest hopes have been changed to bitter sorrow, whose prideful anticipations have culminated in disgrace and misery: from heart-broken wives and trembling children, crowding and shivering around the cold hearth-stone of the once happy home.

With the periodical drunkard there are constantly, and generally regularly recurring paroxysms of the disease, which can only be stilled by the unlimited use of stimulants. We find this characteristic of periodicity in many of the diseases resulting from malarial poisons. In "fever and ague" the disease will recur at regular intervals, more or less frequent, in accordance with the constitutional peculiarities of the patient. In some the attacks occur as often as once every twenty-four hours; in others at intervals of seven days—and this periodical recurrence marks the mature stage of the disease *vini morbus*.

This periodical attack of drunkenness compels recognition from every intelligent and thoughtful man as a disease. Its every characteristic is such as stamps its true nature beyond the shadow of a doubt—witness the imperative nature of its demands, the utter inability of the sufferer to bear his pains, and his inevitable and unavoidable application to what he knows will temporarily relieve them; witness the horror and disgust of him who is so irresistibly impelled to resort to the remedies; witness the impotent struggles of the victim to escape from the dire necessity. Consider the character of the interests and obligations, which are powerless to withold him—the highest and most sacred known to humanity. Try and conceive of the force of an impulse which the prayers and tears of parents, wife and children can not restrain, and then, laugh, if you can, at the comic portrayal of such unspeakable affliction and misery, by a Gough, or Billy Ross, who enrapture a gaping crowd by their imitations of the phrenzied incoherence, the stammering imbecility, and the bodily paralysis of the

victim of the most deadly and incurable ill known to the experience of mortal man!

It is well for the pockets of these reformatory frauds to be able to draw laughing crowds to their nightly performances and equally creditable to their shrewdness and tact. It is creditable too, to their powers of giving dramatic interest to their harangues. But, what can the intelligent observer of the evils which they pretend to aim to correct, what can the thoughtful, christian spectator of the torments and misery they hold up to ridicule think of their moral sense, or practical philanthopy? What a shock would be felt by any decent audience to whom a lecturer should travestie the death throes of the small pox patient, the spasms of the sufferer from tetanus, cholera, or yellow fever? Would not the hiss of outraged humanity, and the frown of christian charity greet the attempt, and compel to silence him who should dare so to affront man's appreciation of the misery of his fellow man, and his boundless pity for unavoidable suffering and woe?

So terrible are the effects of this disease that they throw around it all the awful dignity of the greatest and most irretrievable misfortune that can overtake any individual of our race. Its terrible import to mankind compels from every earnest well-wisher to humanity a most scrutinizing examination of its real nature and a most thorough comparison of the facts of its progress and culmination in different individuals, as well as a most careful consideration of the possible practical defense against its attacks.

To treat it with levity, or to ridicule its nature, its phases, or its results, is as though one should illustrate to an audience, with a Jumping Jack, the confortions and agonies of the wretch who dies by the halter.

Such an illustration would meet universal execration; yet such in reality, less only in degree, are the elocutionary buffooneries of a Gough, or a Billy Ross in their temperance entertainments.

The sole remedy lies in a trustworthy knowledge of the actual nature of the disease and in practical measures based upon that knowledge; all else will be vain.

Specious theories may be invented, eloquent sophistries may be delivered to applauding audiences, but the reformatory attempts, built upon such unstable foundations must, and will, and do, fail in an almost incredibly short time—were we to judge of their probable permanence from the intensity of the interest which such theories awaken and the amount of enthusiasm which such sophistical eloquence calls forth.

Where are the thousands who, from time to time, enroll themselves under the banners of the temperance societies, as the result of such appeals — back in their chains — fallen to a yet lower depth of degradation — sunk in a yet more hopeless slough of despond, because of the failure of the means which were to save them from inebriety, and to reinstate them in their self-respect and the regard and esteem of their relatives and friends. This result was inevitable, for they were misled by false theories to depend upon worthless means of redemption; and fell again before the power of the destroyer, robbed, by their experience, of that last thing to desert humanity in its misfortunes — hope. They did not know the nature of their malady, consequently they failed to apply the needed remedy.

Periodical *vini morbus* may be said to result invariably in some form of lunacy, unless the subject of it be carried off by some affection induced by the use of alcoholic stimulants. The disease gains fresh strength and power with each indulgence of the inebriate, and he becomes less able to withstand the attacks which are more frequent in their recurrence, because of the injury done to the vital organs. Finally the sufferer decides that resistance is useless, and gives himself up for lost, foregoing further effort for relief. He sometimes finds a refuge in a "drunkard's home" through the charity of those who have watched his struggles, seen his defeat, and pitied his wretched fate.

Among the noblest institutions that the philanthropy of the age has founded are these retreats, where the miserable outcast can hide from the reproaches of relatives and the scorn of the world—and where he finds the warm reception accorded by noble hearts—the careful oversight which he needs so sadly, and the only course of treatment which can work his cure. If the disease has not advanced too far, he may here be taught how to get the better of it; and, if it has not wholly ruined his mind and body, he may sometime return to the world to fill the position of a useful member of society. Is disease a sin? if not what shall excuse the coldness, and bitterly expressed contempt of those good people who can see in the drunkard nothing to help or pity, but everything to censure and condemn.

"Weakness" is a component of the character of every man born of woman; and if "weakness" is to deny to him who suffers from it earthly help and eternal salvation, Heaven will not be over populated from this world, and the dominions of his Satanic Majesty will be crowded; but the "weakness" of drunkenness will not send the largest quota to that populous realm.

When will the world learn that it is useless to preach morality as a cure for a physical disease?

Vini morbus often results in a species of mania, in this last described instance of the periodical drunkard. Dr. Hutcheson in the report of the Glasgow Lunatic Asylum (pp. 39-44), gives the following confirmation of my position. I quote him at length:—

"Oino-mania." — "This form of mania," he observes, "is quite different from drunkenness, which, however may lead to it."

"The diagnostic mark of the disease being the irresistible propensity to swallow stimulants in enormous doses, whenever, wherever and however they can be procured. There are individuals who at the festive board invariably become excited, if not intoxicated, but who are otherwise

habitually sober, and in the course of the year drink much less than others who never appear to be under the influence of stimulants. Others indulge in their potations in a regular manner, and daily consume a larger quantity of liquor than is consistent with good health or sobriety. All these, however, possess self-control, and can at any time refrain from stimulants; but those affected with the disease can not do so, however convinced they may be of the impropriety of yielding to their propensity, or however desirous they may be to subdue it. I repeat, that the disease does not consist in the mere habit of becoming intoxicated, but in the irresistable impulse which drives the unhappy slave of appetite to do that which he knows to be pernicious and wrong, and which in the interval of his paroxysms, he views with loathing and disgust. He derives no pleasure from taste, for he gulps down the liquor, of whatever kind it may be; or from society, for he generally avoids society; but he only derives a temporary satisfaction from the gratification of his insane impulse, or rather from freeing himself from the overwhelming misery which the non-gratification of his impulse inflicts upon him. The disease appears in three forms — the acute, the periodic, and the chronic."

"The *acute* is the rarest of the three. I have seen it occur from hæmorrhage in the puerperal state, in recovery from fevers, from excessive venereal indulgence, and in some forms of dyspepsia. When it proceeds from any of the first three causes, it is easily cured by restoring the health of the patient. When it arises from the fourth cause mentioned, it is not so easily removed, and is very apt to assume the chronic form.

"The *periodic* or paroxysmal form is much more frequent than the acute. This is often observed in individuals who have suffered from injuries of the head, females during pregnancy, at the catamenial periods, on the approach of the critical period and afterwards, and in men whose brains are overworked. When it occurs from injuries of the head,

the case is hopeless. In the other instances it may be cured. In some cases, it occurs whenever the individual partakes of stimulants. In these, total abstinence is the only remedy. Like the form about to be mentioned, it is frequently hereditary — being derived from a parent predisposed to insanity, or addicted to intemperance. In such cases the probability of cure is very small. The individual thus affected abstains for weeks or months from all stimulants, and frequently loathes them for the same period. But by degrees he becomes uneasy, listless, and depressed, feels incapable of application, and restless, and at last begins to drink until he is intoxicated. He awakes from a restless sleep, seeks again a repetition of the intoxicating dose, and continues the same course for a week or longer, Then a stage of apathy and depression follows, during which he feels a loathing for stimulants, is the prey of remorse, and regrets bitterly his yielding to his malady. This is followed by fresh vigor, diligent application to business, and a determined resolution never again to give way. But, alas! sooner or later the paroxysm recurs, and the same scene is re-enacted, till ultimately, unless the disease be checked, he falls a victim to the physical effects of intemperance - becomes maniacal, or imbecile, or affected with the form of the disease next to be mentioned."

"Of all the forms of oino-mania, the most common is the chronic. The causes of this are injuries of the head, diseases of the heart, hereditary predisposition, and intemperance. This is by far the most incurable form of the malady. The patient is incessantly under the most overwhelmning desire for stimulants. He will disregard every impediment, sacrifice comfort and reputation, withstand the claims of affection, consign his family to misery and disgrace, and deny himself the common necessaries of life, to gratify his insane propensity. In the morning morose and fretful, disgusted with himself, and dissatisfied with all around him, weak and tremulous, incapable of any exertion either of

mind or body, his first feeling is a desire for stimulants, with every fresh dose of which he recovers a certain degree of vigor, both of body and mind, till he feels comparatively comfortable. A few hours pass without the craving being so strong; but it soon returns, and the patient drinks till intoxication is produced. Then succeed the restless sleep, the suffering, the comparative tranquility, the excitement, and the state of insensibility; and unless absolutely secluded from all means of gratifying the propensity, the patient continues the same course till he dies, or becomes imbecile. This is that fearful state protrayed by Charles Lamb, in which reason revisits the mind only during the transient period of incipient intoxication."

"It must be remarked, that in all these forms of the disease the patient is perfectly incapable of self-control; that he is impelled by an irresistible impulse to gratify his propensity and that while the paroxysm is on him he is regardless of his health, his life, and all that can make life dear to him; that he is prone to dissipate his property, and easily becomes the prey of the designing; and that in many cases he exhibits a propensity to commit homicide or suicide. He is thus dangerous to himself and others; and however responsible he may have been for bringing the disease on himself, his responsibility ceases as soon as he comes under the influence of the malady. The disease, however, may not be brought on by the act of the individual, and then it is clear at once, that neither directly nor indirectly can he be deemed responsible. But suppose that it were the result of his previous conduct, I repeat that however culpable he may have been for that, he is not a responsible being while afflicted with the malady; for I can see no distinction between this form of the disease, and any other which has been induced by the habits or acts of the individual"

"The only chance of cure or alleviation is from attention to the health, and abstinence from intoxicating liquors."

Neither can be secured so long as the patient is at large; and no amendment can be depended on, unless he has undergone a long course of discipline and probation. Considering, then, that the individual is irresponsible and dangerous to himself and others — that, if left uncontrolled, he will ruin his family - and that his disease can be treated only in an asylum, it is not only merciful to him and his relatives, but necessary for the security of the public, that he be deprived of the liberty which he abuses and perverts, and that he should be prevented from committing crimes instead of being punished, or, I should rather say, being the object of vindictive infliction after he has perpetrated them. So convinced are some affected with the periodical form of the disease, of the necessity of being controlled, that when the first symptoms of their paroxysm are felt, they voluntarily enter an asylum, and remain until the attack has passed off. These, however, are men of stronger minds, though, with all their strength, incapable of resisting the disease; and, surely, what they feel to be their only refuge to avoid this impending evil, it can not be unjust or harsh to force on others whose minds are more impaired. Such cases soon become rational in an asylum; and when the individual can so far control himself as voluntarily to surrender his liberty on the first premonitory symptoms of the malady presenting themselves, he may be dismissed after a shorter probation. It is otherwise with those who have not that self-control, or who fancy that they are unjustly interfered with when checked in their career. They require a much longer probation, which should be increased at each return of their malady."

"Of the chronic form, I have only seen one case completely cured, and that after a seclusion of two years' duration. In general, it is not cured; and no sooner is the patient liberated, than he manifests all the symptoms of his disease. Paradoxical though the statement may appear to be, such individuals are sane only when confined in an Asylum."

The above evidence that vini morbus is produced by other causes than the habit of using alcoholic stimulants is indisputable, and shows conclusively the existence of a morbid principle—a disease—of which the drunkard's craving is but a symptom.

Delirium tremens is an exhibition of the effects of this disease: the pathology of delirium tremens is generally wholly misunderstood, and even to medical men it is unknown, or so doubtfully apparent that no authoritative explanation of it can be given; it is certain, only, that it is one of the results of excess in the use of aicoholic stimulants; but, it is also true that it is the result of certain physical ills with which alcohol has nothing to do, and therefore demands for its explanation the existence of some morbid cause other than alcoholic excess. May it not be true that my proposition of the germ of disease as existent, and finding its exhibition in delirium tremens under the excitation of alcoholic stimulants, and called to the same exhibition by other causes, is the real explanation of this phase of physical ill so well known to physicians?

That it is most frequently called forth by excess in the use of liquor is undeniable, but it is not always; and may we not logically look behind the effect for the cause, and refuse to accept the mere exhibition of symptoms as the

real entity, germ, origin, morbific cause?

Granted the existence of the morbific influence—the disease which I have call vini morbus-and a rational explanation is arrived at, and an easy understanding is attainable of the facts shown by the sufferers from various diseases; this germ can be called into activity from its latent state by other provocatives than ardent spirits, but once aroused, it demands the use of them until this consequence delirium tremens ensues. But other causes will excite it and the supervene without the aid of alcoholic same result stimulants.

Moreover, alcohol cannot be the cause, for delirium tre-

mens never occurs until the system refuses the alcoholic stimulant, or it is withdrawn suddenly from some unavoidable necessity. In other words, delirium tremens is due to the development of a germ of disease that is usually latent in the system, which the use of alcohol will develop, as will other agencies. I am of the opinion that this morbific germ exists in every one born in the present age, and requires in different individuals different degrees of provocation to call it into full activity; that the desire for alcoholic stimulants is one of its symptoms, and the most usual one; that the use of liquors is the means of its development in each case. All have it, but, it will die, if nutrition be carefully and persistently denied it-or, to use a common expression men can "outgrow it." The last, most terrible scene in the drama of misfortune and misery enacted by the victims of vini morbus, is that of delirium tremens; no known human suffering surpasses in intensity that of the patient; for the instrument of the acutest agony, the nervous system and the seat of recognition of all sensations, pleasurable or otherwise—the brain—are directly, and to a great extent solely involved in the mischief, and concerned in the production of the horrors and pains which are characteristic of this exhibition of the disease. The height of nervous irritability, combined with a disordered, chaotic wreck of brain and will power, make the sufferer impressible to the gentlest breeze of heaven, to a degree which amounts to torture; and the shattered, trembling, ruined intellect, recognizes each sensation that reaches it, through the tense, but uncontrollable nerves. as a premonition of evil or the herald of an actual attack of the direst troubles, to which it gives the shape of all that is repulsive and injurious to mortals. The wretched inebriate has drank until his outraged stomach refuses to retain any further dose of the poison; or, perhaps, the compulsion of interfering friends has rendered it impossible to have recourse to the stimulant which alone can stop the threatening physical and mental anarchy. Sleep is denied the patient or short and broken slumbers filled with the phantasmagoria of insanity and every image of the most trying horror, implying bodily harm of the worst kind, add only to the strain on body and mind. Dreams, if such fearful imaginings can be called dreams, make the sleep he gets, through the effect of utter physical exhaustion, a lurid picture of a realized hell; his waking hours are filled with appearances boding earthly destruction, all as real to his consciousness as if they had an actual, tangible existence; whether dozing or awake, he lies in a torture as real as has ever been any part of his life's experience. Mental power is gone from him so completely that he cannot persuade himself of the unrealities of the phantoms and shapes of horror that mock and gibe at him; the assurances of others are powerless to bring him conviction of the actual realities about him, or to prove to him that his imps and devils, snakes, wild beasts and creeping insects, are the products of his disordered imagination. All self-control is lost; no help can be given him by his shuddering friends, and he must endure all the torments of the damned, until death, in one of his oft recurring paroxysms, or complete insanity, ends the scene.

Recovery from the attacks of delirium tremens is very frequent where they have not recurred often; but death, or insanity will be the result to any one who hazards many repetitions of them. Yet, such is the strength of this disease—vini morbus—that all the complicated horrors of delirium tremens are insufficient to deter the victim of it from an indulgence which invites a return of all its unspeakable misery and woe.

The spectacle of these sufferings has warned many a one who has yet retained sufficient strength of will, to abandon the use of alcoholic stimulants; upon many another the warning has been wasted; for they flattered themselves

that they never could be weak enough to sink to such a depth of misery and self-abandonment—and too many have waked at length, to the consciousness that they have fed in their fancied security, the monster—vini-morbus—until its strength laughs at their powers of resistance, and mocks their vain, vacillating attempt to avoid the awful chain which it has thrown around them.

Descriptions of mortal agony are not pleasant to read. One such of the effects of this disease, as evidenced in delirium tremens, will be sufficient for my purpose, for I do not propose that my readers shall "sup on horrors."

"Utter loss of appetite was followed by the impossibility of retaining upon the stomach even the whiskey which I needed so much to strengthen my trembling nerves, and to remove the film from my eyes, and to relieve the depress? ion of spirits and the feeling of impending misfortune with which I was nearly distracted. The attempt to sleep at night was useless; I could not; wild fancies were flitting through my brain, I saw, as distinctly as I ever saw any thing in my life, gibbering, scowling, mocking imps-all about me. Such intervals of semi-unconsciousnessit could not be called sleep—as I sank into, for a few moments at a time, were crowded with intensest agony. I felt as though swarms of insects were passing over my body in every direction, I felt, I saw, I killed some of them; but, fresh hordes supplied the place of those I destroyed and I was swimming in a sea of insect blood and crushed bodies. I smelt the foul odor of their carcasses; no suffering or danger experienced in my sober moments was ever more real; moments seemed ages of time, and I knew the meaning of "Eternal torment." Snakes wriggled and writhed over the floor, bed and walls; they hung from the ceiling, and hissed in my face with sibilant tongues and threatening fangs. At one time I knew and felt that an endless column of such insects as I never saw the like of

in the real world, began at the pit of my stomach and eat their way upward towards my heart, slowly, oh! so slowly! and, with all the pain of this experience, I prayed that they might hasten to put an end to their infernal march, and my sufferings, by reaching some vital part. But, after what seemed ages of horror, a short cessation of pain would ensue, and then some new phase of danger and misery would take the place of the last; and thus it went on through an endless shifting, changing, experience of never ceasing horrors."

PHYSICAL EFFECTS OF ALCOHOL.

Not many years ago it was a popular belief—and the medical profession shared the delusion—that alcoholic liquors were *heat producing*; and men about to be subject to uncommon exposure to cold swallowed the stimulant in order to keep up the bodily temperature. So firm was the belief, at one time, that the man who should have had the courage to assert that whiskey, or brandy, would in reality *lower* the bodily temperature, would have been considered insane.

The most intelligent of our medical men began to suspect that the warmth produced by the stimulant was only temporary, and that alcohol did not raise the temperature of the body for any length of time; but the wonderful discovery that alcohol reduced the animal temperature was left for the Arctic Explorers, who learned this important fact from experience. Scientists have demonstrated by physiological observation and chemical experiment, conclusively, as I think, that the Arctic observers were correct. However, there still exists a difference of opinion upon the point; but few medical men hold to the old belief, and, I may say, that the opinions of the leading men of the country are almost unanimous to the effect that the use of alcoholic drinks reduces the temperature of the body.

I assert, then, that in regard to its effects in furnishing fuel to the body, the first effects of alcohol are heating, as it acts as an irritant, is rapidly absorbed and increases the rapidity of the action of the heart; but, it is oxidized to only a very small amount, and by its presence in the system prevents the combustion of those materials which otherwise would have furnished fuel for the production of animal heat. The general physiological effects of alcohol may be stated as follows:—

Alcohol is not burned in the system, except to a very limited extent, therefore is not heat producing.

It is rapidly absorbed, and as an irritant, causes acceleration of the action of the heart, and the increased rapidity of the blood causes a temporary elevation of temperature of the body.

Alcohol reduces the power of resisting severe cold.

It reduces the power of resisting intense heat, and predisposes to sunstroke.

It reduces the power of endurance where excessive muscular action is required, especially if this be prolonged, and combined with exposure.

If alcohol be taken in moderate doses, the brain is roused to greater activity; but, a very important faculty—the reasoning power—is disturbed and weakened. The will remains intact, so that the drinker can do what he chooses, but, owing to the interruption of the faculty which should guide his actions, he often choses to do wrong.

Alcohol in excessive doses, has the effect of suspending the reasoning faculty altogether; and, in proportion to this suspension of the reasoning faculty, the individual is irresponsible for his acts.

New ideas are never generated while the brain is under the influence of the stimulant; but ideas are often brought to the surface which had previously lain dormant or latent in the mind, and the stimulated cerebrum is induced to shed them. Brains soaked in alcohol are guilty of giving to the world rhapsodies which, but for the interference of the stimulant, would have remained in the retirement of the cerebral chambers, to the everlasting benefit of the world and the greater credit of their authors.

This increased automatic action of the brain exists no longer after a certain degree of intoxication is reached. When the effects of the stimulant have passed this point the nervous centres are rendered inactive, and the individual becomes stupid through partial paralysis of the organs. I do not agree with most authors, that the depression following upon the use of stimulants is in proportion to the excitement produced; the acceleration of the beats of the heart is only temporary, and when the poisonous effects of the alcohol taken into the system have been developed sufficiently, the pulsations are reduced, owing to nervous paralysis.

The reason that alcohol does not raise the animal temperature, is, that it is almost non-combustible, and its presence excludes and prevents the combustion of other substances which, without it, would have furnished animal heat.

Alcohol produces chemical changes in the blood which cause the deposition of fat.

It increases the secretion of the digestive fluid, (gastric juice) and when used to produce this result, (as an appetiser) it should be taken about fifteen minutes before eating, as it is quickly absorbed and its local effect is then lost. The constant use of the stimulant before meals produces atrophy of the secreting glands, by forcing them to overaction.

Alcohol gives tone to the nerves under certain conditions, as in insomnia (inability to sleep) especially is this true of habitual drinkers.

There seems to be an antagonism between alcohol and

miasmatic diseases. This may be due to the development of *vini morbus*, and the conflict between the two diseases may perhaps cause the destruction of that arising from the malarial poison; but the result is that the patient has chosen the worst affliction of the two.

Alcoholic drinks retard the progress of consumption, and doubtless prevent it; but the constant and excessive use of alcoholic stimulants causes death in those who would have died, perhaps earlier, perhaps later, of consumption.

The ill effects of the adulteration of alcoholic drinks, so much talked of, are, in the opinion of the author, often imaginary; there are few things more injurious than pure alcohol.

Doses of alcohol which are not sufficiently large to produce intoxication do not, as a rule, affect much the muscular system; but there are exceptions to this rule. The power of muscular adjustment is sometimes lost when the intellectual faculties are apparently still clear. A few men get drunk in the legs first. The stomach suffers most from alcoholic drinks when there is no food present; this is also true of the other organs, especially of the liver.

The near contact and communication of the liver with the stomach renders it liable to disease from over-stimulation and congestion. The liver is a very delicate and very vascular organ, and, owing to the corrugating effects of alcohol upon all animal tissue, it is susceptible of degeneration of its proper substance which is changed to connective tissue, known to medical men as "cirrhosis," commonly called "whiskey liver", "gin liver", etc. The local effect of alcohol on the liver is irritative and corrugating, (hardening and drawing up.) The effect of alcoholic stimulants upon the sexual organs are peculiar, Through the nervous system, the sexual desires are aroused, but from some action on the principal organs, the ability is rendered less. This may perhaps account for the fact that many persons be-

come infected with venereal disease while under the influence of liquor, the attempt to satisfy the passions being prolonged and violent.

As a necessary continuation of my remarks upon the general effects of the use of alcoholic drinks upon the human system, I think it best to make the following statement in reference to the remote effects of their use; to speak of some of the principal diseases resulting from the habitual use of them.

I wish to emphasize the statement that the habitual use of stimulants is invariably injurious, however small the quantity taken may be.

I believe that the constant drinker inflicts greater injury upon his organism than he who drinks to excess, occasionally, even to the extent of intoxication, for although the last may be "drunk," yet he will give his system time to rally from the effects of the liquor, as the poison is soon eliminated. But the constant drinker charges his system with a substance which serves no good purpose, not even that of keeping up the animal temperature, but rather the reverse.

Alcohol predisposes to the development of many diseases, and renders the system peculiarly susceptible to their attacks; moreover, the recovery from severe wounds is rendered much more slow and doubtful because of its previous use by the patient. No man can be said to be healthy who indulges in the constant use of alcoholic stimulants; that is to say, aside from the disease—vini morbus—which led to their use, he is probably diseased in some of his important organs in consequence of this use of liquor.

Alcohol, when taken into the stomach acts as an irritant, this irritating effect extends through the entire system, operating as a very active local irritant. It irritates the gastric glands and rouses them to an unusual activity which causes them to pour out an unnaturally large quantity of the digestive fluid, and before long atrophy or wasting

away, ensues in them, from overwork. The use of these stimulants, for a long time, provokes gastritis, or acute inflammation of the stomach, which is a very serious malady, and often causes death. The poison, however, is soon absorbed and finds its way into the circulation, and there immediately begins its destructive work, on internal organs other than the stomach. The liver from its close contact and intimate association with the stomach, through the circulating medium, and from its delicacy and vascularity receives the greatest injury from the poison, and as would naturally be supposed, the liver becomes congested, not only from the presence of the fluid which the blood vessels have taken up, but from the stimulating effects which the irritant has upon the heart, thereby increasing the rapidity of the heart's action and the amount of blood which must pass through the liver.

The deleterious effects of this alcoholic agency exhibit themselves in, and impress themselves upon, all the wonderful variety of the different organs, but no one receives a greater *permanent* injury than the liver, it becomes congested; the fulness of the blood vessels causes compression, and this compression obliterates the smaller blood vessels of this organ, whose perfect fulfilment of its functions is absolutely necessary to any degree of health. The normal tissue of the liver is changed into a different substance; this organ can not discharge its functions properly, in consequence of this change.

The use of alcohol predisposes to many liver affections, but the condition known as "whiskey liver," "gin liver etc." is the most common one. The constant moderate drinker usually falls a victim to this disease which is very insidious in its attacks—steals upon the patient unawares, and slowly but surely saps his vitality. This congestion of the liver extends its influence everywhere, but those organs suffer most whose blood must pass through the liver, on its return to the heart.

There is one infirmity to which I desire to call special attention, which I believe to be often the result of the use of alcoholic stimulants; the more so do I wish to speak of it as this too prevalent cause is not mentioned by medical writers. This disease is hemorrhoids, or piles; the term "whiskey piles" would be as appropriate a term in this instance as is "whiskey liver" in the disease of that organ arising from the same cause. That a majority of the cases of piles, so prevalent among officers of the army, result from the use of whiskey, I have no doubt, and any one who takes the trouble to observe the facts must agree with this opinion. This is especially true of the cavalry arm of the service; the reason is sufficiently obvious.

Space will not allow of farther detail, and I therefore mention but a few more of the principal diseases arising from the use of alcoholic drinks.

Bright's disease of the kidneys is often brought on by a debauch.

Affections of the brain, as inflammations, etc., are caused by it; so is insolation, or sunstroke.

An abnormal deposition of fat, and the fatty degeneration of important organs is brought about by it.

Gout and rheumatism are caused by it, as well as disease of the heart and arteries.

Its effects upon the moral tone of mankind are well known and this is probably due to its irritating effects upon the nervous system and to the continual disturbance of the reasoning powers caused by it.

Before leaving this subject I wish to do away with the popular delusion that alcohol is heat producing.

Heat is produced by the oxidation, or combustion of the material supplied by the food, both liquids and solids. Alcohol when introduced into the system is combustible only to a very limited extent, if it underwent oxidation so readily, or to as great an extent, as some distinguished authors have stated, the delicate tissue of lungs, and other

organs in which this oxidation takes place, would inevitably be in danger of sudden destruction in the act of respiration; and we would have cases of real "spontaneous combustion" of daily occurrence.

The conclusions which I am compelled to arrive at by a most careful scrutiny of the nature, causes and effects of vini morbus are antagonistic in a great measure to those which have been announced and argued from by others; and they are entirely subversive of former theories and would lead to the adoption of practical measures entirely different from those which have been tried, from time to time, for the suppression of inebriety.

The much vaunted prohibitory laws it is useless to think of attempting to enforce. They are, in their very nature, inconsistent with the American idea of full, social and moral freedom, to say nothing of their irreconcilibility with the popular idea of the limit set to legislative power by the spirit of our institutions. The attempt to enforce them gives rise to an obstinate rebellion upon the part of a large portion of our body politic; and where they have actually been tried they have proved, more or less, practical failures, and provoked every form of evasion, culminating in unhesitating perjury in order to avoid the consequences of their violation. Such attempts have had a tendency to lower the regard for law so conspicuously prominent in the American people, and shaken their faith in all law, as well as inaugurated the deplorable habit of evading by any possible means the operation of any law that may interfere with the utmost freedom of classes, or individuals.

Massachusetts, after a trial of the prohibitory law—styled "the Maine law" from the state in which it first went into effect—has deliberately gone back to the license system; preferring the ills of the license law to those worse ones which sprang up immediately upon the attempt to put in force the prohibitory statute of her sister state. Massachusetts is not apt to be slow in adopting any real engine of

progress, or inducement for a higher morality; but she has expunged the prohibitory clause from her code, and has done it after a patient trial of its merits; her verdict is of great weight, in this country at least.

The high tax upon liquors should be abated, for it is really paid by the wretched victims of the disease—vini morbus. These infatuated who have no restraining power of will left to them, pay, in the increased price of each drink, the enormous tax which the General Government exacts from the manufacturer; the diseased, the miserable, the poverty stricken, are compelled to contribute from their already insufficient means an immense revenue to the government. This revenue, in a great measure, is extorted from those who are breadless; it is paid at the cost of increased want, destitution and misery. Suppose that government were-to cheapen the price of liquors, and to see to it that the liquors were pure, and not half, or more than half alcohol. Then part of the ill-effect of drinking them would be cured, and the oversight of the Government much more paternal in its results.

The high price demanded for licenses is also a mistaken economy on the part of our legislative rulers; the victims of the disease must also pay that. The money to pay for the license of the saloon keeper comes mainly out of the pockets of the wretchedly poor. It is appropriated to the support of the common schools; is used to educate the children of the neighbors of the man who pays it; yet his own children can not have the advantage of it, for they have not the clothes for the requirements of decency, or the money to pay for text books, and, above all, are scorned, despised and hooted at as the "brats of a drunkard." They can not attend the schools which their parents' drunkenness helps to support. Is this the height of legislative wisdom, or social economy? is it not a practical fulfilment of the biblical utterance—"and from him who hath not shall be taken away even that which he hath?"

The saloon keeper who is compelled to pay the high excise tax, and also a large license tax, must have capital; the manufacturer, for the same reason must have capital, and each must have a very large interest upon that capital, because of the expense to which they are put to resist the vain attempts of "reformers" to abolish the traffic. And in their case is the precedent clause of the same Bible utterance fulfilled "to him who hath more shall be given;" and it is given to the tune of many hundred per cent., at the cost of those who suffer untold misery and endure indescribable want as the results of disease, which the philanthropist will insist on looking upon as deliberate sin. No community can afford to illustrate the truths of the Bible in this way. Poor economists, and mistaken makers of law are they whose labors result in such illustrations of the Good Book!

The high price of liquor does not prevent or lessen its use; for, cost what it may, the sufferers from *vini morbus* will have the stimulants their disease craves; and this is true not only of the "common drunkard" but of the "moderate drinker." Cut the last class off from their regular drams and you have stirred up a commotion of which the first class are incapable, and which will only abate with the ceasing of the denial of the "eleven o'clocks" and "four o'clocks."

And what, then, is the remedy for all this waste of wisdom on the part of the framers of the law—of this waste of costly exertion on the part of those who have man's best interests at heart—of all this waste of possible health, happiness, prosperity and money?

I answer thus;—

Impress upon all people the fundamental trouble; let them understand that inebriety is a disease; and let them treat it as such, in themselves and in others.

Let those who are seriously affected be treated for their malady as they would be if they were afflicted with other

disease; do away with the gilded delusions of the saloon bar—delusions supported by capital—by taking such measures as will discourage investment in such a way. Build asylums for the hopelessly affected in lieu of houses of reformation, jails and prisons—asylums where those who can be cured may find the proper treatment, and be restored to usefulness when cured—then more will have been done for the eradication of *vini morbus*, than ever before.

Temperance organizations have accomplished as yet, but little permanent good in this direction; these organizations in their respective localities are apt to be short lived, and very few complete reformations are ever affected by them.

Let the drunkard be withdrawn from the possibility of obtaining the poison, by being sentenced to an *asylum* not to a jail; fine every saloon keeper who sells liquor to any one in quantities sufficient to intoxicate; let the fact of drunkenness in any saloon be sufficient for conviction; let the fines for this offence go to the support of the family of the drunkard and let him be taught to employ himself in remunerative work during his seclusion in the asylum.

If he is never to be trusted again with the fate of himself and family, let half of his earnings be devoted to the support of the asylum which shelters him, and the other half to the use of his family. Make the business of selling liquor profitable only to the extent of any other: let politicians cease to pander to the interests of saloon keepers and the liquor traffic in general for the sake of votes.

Above all let temperance lodges warn individuals against drunkenness as a disease to which all humanity is subject, and not fulminate against it as a sin of which none need be guilty. Let temperance lecturers cease to try to cure a physical infirmity by prescribing cures suited only to the repression of moral delinquences.

Make the liquor business less profitable by reducing the tax upon liquors, and consequently lowering the price; let there be established a system of inspection which shall

guarantee something like a pure article to the consumer; let those who must drink, drink the pure juice of the grape and cereals, potatoes, etc. Why shoould not the people be protected against fraud and knavery in this matter of daily consumption, as well as in any other?

Let the fines for violation of the liquor laws return to those from whom they were stolen by the diseased, and irresponsible parent;

Let the law protect and care for the unfortunate sufferer from *vini morbus*, not punish him for a disease, at the cost of those upon whom the consequences fall most heavily—his family.

Let the saloon keeper's license tax go to support the family of him who supports the saloon and enriches its owner.

Let the public schools be supported by money to which no taint of such crying injustice clings, as that which exists under present provisions.

Let the law honestly confess the truth, and put the burden of the trouble where it righteously belongs. It may be objected that I am crying down a perfectly legitimate and justifiable business; that I am placing the responsibility for drunkenness upon the wrong party—the seller—and not upon him on whom it ought to rest—the drinker. Admit the truth that drunkenness or *vini morbus* is a disease, and the only person who *can be* responsible is he who furnishes food for it, not he who is its victim and deprived of judgment and self-control by its influence.

And, if any one is led to deny the force of my answer in this regard, let him read the confession of a liquor seller, which follows, and then ask that *any* defence of such an occupation be listened to, on any ground whatever, if he can; let the liquor seller close his bar and earn his living, as the rest of the world are compelled to do, *honestly*, and by giving a fair return of faithfully performed labor, and not claim the right to loaf away his existence in the too

easy occupation of helping his neighbor to the glass of spirits for which that neighbor barters his manhood and the health and comfort of himself and family. Let the reader remember that the liquor seller passes a bottle and glass across the bar, and, in a few moments, pockets the proceeds of half a day's work of some laboring man who lives in a hovel next door to the seller's comfortable mansion, built from the rapidly accumulated profits of the liquor seller's work; and such work! but listen to the confession of one of this fraternity which protests so energetically against being called upon to bear their part of the curse that followed the sin of Adam "by the sweat of thy brow shalt thou earn thy bread."

A LIQUOR SELLER'S CONFESSION.

"For obvious reasons, sir, I shall withhold all real names; for if I see fit to acknowledge my own part in "ways that are dark and tricks that are vain," I have no right to involve others in my disclosures.

I entered the house of —— in a confidential capacity to one of the partners who was a relative; before long I was entrusted with all the secrets of their business, and expected to superintend personally those matters which were carefully kept from the knowledge of their customers. I received an analysis of the various brands which had acquired reputation and commanded a quick and large sale. I saw to it that the half of the real liquor, as sent to us, was drawn from one cask and put into another which was ready to receive it, and both filled with diluted alcohol, fixed up by our "Doctor," who was paid a handsome salary by the firm for his services. Various drugs and oils were used by him for this purpose; a minute detail of the names and properties of these drugs is not essential to your enquiry. By this operation the firm doubled the quantity of these high priced liquors, and, of course, swindled their customers to this extent. I do not think that any deleterious or poisonous mixtures were used by the "Doctor" for his ends. Some one cask of the Simon pure article was always kept to satisfy those whose judgment of liquors was not to be deceived; but this number was very small. A very large part of the liquor sold by them as "imported" and of high cost, was manufactured in their own cellars. It may not be known to you that it is possible to obtain the bottles, packages and labels of any foreign wine, known to the trade in this country, in New York; and you can obtain them in any quantity; they are facsimiles, exact imitations of those in use by the foreign manufacturer. The necessity for this will be evident when you reflect that more champagne is drunk in London, or New York, in any one year, than is made in the champagne regions of France; as to the propriety of the deception, or its morality, people may differ. This is true of all famous foreign wines, and the ease with which people at large are duped by the spurious article, leads liquor dealers to rely on their "doctors" for any brand foreign or "domestic," that their customers may call for. The "doctor"is never at fault; he will produce for them, Burgundies, Hocks, Champagne, French brandies, and any other description of liquor, at short notice, and small cost. This method of supplying the need of their trade yields them an immense profit of course; given alcohol, cider, rum, and a host of drugs and oils, and the establishment that has in pay an accomplished "doctor" will never be out of any article of the sort that may be called for.

The world at large must not obtain money on false pretences, at the risk of the penitentiary; but, somehow the liquor trade is exempt from the operation of that statute; the dealer asks, and is paid, a high price for such liquors, and he, tacitly, at least, says that they are genuine, and carries out his assertions by the use of imitations of the genuine labels, vessels, etc. Yet he knows that they were

manufactured on his own premises, or those of some one else; but I never heard any one of the "trade" admit the truth concerning them to any customer.

I lied hourly, directly or indirectly, while in their employ but the countenance and example of others led me to think little of the true character of the transactions in which I was engaged; I had to earn my means of support, and wanted to accumulate capital for my own use; and I could do so here.

The expenditure of money *indirectly* by the firm was very great; newspapers had to be kept in good humor, and prevented from attacking the business in their capacity of guardians of the morals and best interests of the communities; all subscription lists had to be signed, as a sort of expiatory sacrifice of part of the profits to secure the countenance of the charitable; all social amusements it was needful to help along with money, for the purpose of building up a favorable opinion of the generosity and public spirit of the firm, as an offset to the harm which it was too well known the trade did in the community. The legitimate profits of a good business were expended in various ways of this sort, as a sop to the cerberus of public opinion, and yet a very large profit was left for the private purses of the members of the firm.

After some years I was able to command the capital needed to open a bar of my own. Gilding, paint and varnish, and pictures of large size and doubtful character, made an attractive place of resort for the "Jeunesse dorée," — the wealthy youth—of the place; the doors were always open, of course, to all comers, and all sorts of people spent their money at the bar; but, the establishment was specially designed for the patronage of the better class of drinkers.

I now saw more of the evils of the traffic than when I was in the wholesale trade. There was not a pure specimen of liquor in my whole stock; there was not a single

bottle or package, whose contents were what the label pretended them to be; all was fraud to begin with. Many and great are the temptations of the retailer to cheat. Imagine a group of wealthy careless youngsters, more or less under the influence of liquor, laughing and smoking, each ordering drinks of various kinds, and paying no particular attention to their number, and sometimes for hours together; generally the bill was paid by simply asking the amount of the bar-keeper, and the number of drinks as announced by him was rarely disputed. Too often some of the young men were so intoxicated that they were unable to tell, and utterly indifferent, for the time, to the matter of expense.

I, like every other retailer, kept various qualities of liquors,—that is, some were coarse and strong and cheap, because they were little else than alcohol thinly disguised, others were whiskey and so-forth, more or less diluted with alcohol. But, to the poorer class of customers, the fiery liquor was sold at the same price as the better to the wealthier; the deluded drinkers thought that they paid for the pleasure of drinking in a first-class saloon, first-class liquors, but, our fraud cheated them of even this miserable ambition.

Young clerks were drinking daily at my bar who I knew could not afford it; others who could afford it, in one sense of the word, were destroying their physical health and contracting evil habits which would prove their ruin, and I knew it; but, I must make money, and I did, and a great deal too, in a very short time, without labor of any sort. Many are the glimpses of the misery my business was working which I caught sight of, through what transpired in the saloon. More than once, women have followed their busbands to my place, with the evident hope of preventing the expenditure of money for rum, which was needed for their families. Many of them were as coarse and fierce spoken as the men of whom they were in pursuit. The place has often echoed again to mutual recriminations, oaths, and

curses; women who might once have been fair to look upon, gentle and lovable, but made gaunt, dishevelled and repulsive in appearance, and reckless in manner and language, by the trials, sorrows and want which the habits of the men brought upon them, would endeavor to induce their husbands to cease drinking and return home with them; and, finding entreaty fail, would rise to reproach and threats until the conversation would culminate in curses and evil language. The bar-keeper would then in terfere, eject the unfortunate wife, and furnish fresh drinks to the sullen husband.

I recall a scene, the very remembrance of which even now troubles me; which affected me much when it occurred and perhaps was the cause of the serious reflection which finally led me to give up the business.

A young Irish carpenter often drank at the bar, but did not often, with us, at least, get any the worse for the liquor he bought, although he sometimes would be excited, and after the fashion of his countrymen, grow witty, boisterous and obtrusive. At such times, the bar keeper would check his familiarity towards the more aristocratic tipplers, who did not relish his freedom and fun, and he would be smuggled out by some of the many loafers who had almost attained the position of attache's of the establishment, through their regular frequenting of the saloon; where they were always ready to drink "for the good of the house" in response to the not infrequent invitation to everybody to "step up and take something" given by half-intoxicated customers who had forgotten their caution in the more generous moments of their conviviality. These "bummers" we tolerated, and sometimes actually fed with occasional free drinks, in consideration of the additional profit which their presence brought to the money drawer; although we were rather ashamed of them and certainly were unwilling to confess that they were, after a fashion, our jackals.

This carpenter had, for a day or two, been in the saloon

much more often than usual, and had drunk more than he was wont to do. This evening, toward dusk of a stormy winter's day, most of which he had spent with us, the swinging doors were pushed timidly open and a slight, small framed, young woman, stood there as they closed behind her, and glanced nervously and hurriedly around the room. Her eyes fell upon the Irishman who was sitting near the stove, entertaining a knot of loafers with some characteristic stories. She was neatly dressed, and very childlike in appearance.

She had an innocent kind of beauty which made her face very attractive, with its blue eyes and the golden hair falling about it, and she rapidly crossed the floor and put her hand upon the arm of the young man.

"Phil, dear Phil, come home—the babies are waiting to say good night, and I cannot eat without ye" she said. "Oh, begorra, kiss the brats for me, Katy, an' I'll be home afther a while; I cant disappoint these gintlemen in the nate little story I was telling 'em; but, this is no place for the likes o'yes—the swatest, purtiest little wife in Ameriky -go home, darlint, an' I'll come soon." The little wife persisted in her request, and, evidently startled by the fixed stare of the bystanders and annoyed by the scarcely repressed amusement of some of them, she changed entreaty to a sort of hurried, gasping prayer, broken by what was almost a sob:-- "by your love for me. by your love for the children, Phil, listen to me." "Bedad, but ye must listen to me"-replied the husband, who could not help noticing the expression upon the countenances of those around him, -" tuck the young ones into their bed, an' ate yer supper; -Phil will be with ye all, before long; but ye must not stay here."

[&]quot; Oh, Phil, but remember-

[&]quot;By the holy poker! I'll come whin I git ready—now go, and sthop yer interfering wid me!" He shook her hand from his arm, and motioned her toward the door—"Go

home." The wife, with eyes full of tears and a wail of half-terror, half-reproach, turned to go. The bar-keeper stood outside the bar, at one end, brightening some silver faucets of the beer fountain, and as she passed towards the door, the frightened, troubled, young woman stopped near him and began to beg him, as it afterwards turned out, to give her husband no more to drink, that he might be induced to go home the sooner. Her hands were nervously working, one over the other, and in her eagerness, she bent forward, and her face was brought near that of the bar-keeper, who replied to her in a low tone. A coarse laugh broke from one of those around the stove and the Irishman turned, and glancing toward the bar saw what was going on; prompted by a sudden fit of jealousy and drunken fury he seized the short iron wrench from the stove and flung it in the direction of the bar-keeper. missile hurtled through the air and struck the poor wife upon the temple—"Oh, Phil!" she cried, as she flung her round arms upward and sank to the floor.

In a moment, the carpenter was at the bar, raving at and denouncing the bar-keeper in the fiercest language and threatening him with the most violent gestures; until, looking down at his wife, he sank to his knees beside her and poured out a torrent of affectionate entreaty and wild self-reproach. An instant after, he was again on his feet, cursing himself, rum, and those who sold it, showering the wildest imprecations upon the establishment and all connected with it. He then sprang suddenly over the prostrate form of his wife, and, seizing the bar-keeper by the throat, shook him as an enraged mastiff would some cur, and finally flung him to the floor, ten feet away All was confusion and noise; the bar-keeper picked himself up and, blind with pain and rage, attacked the Irishman who cursed and fought until the police interfered and carried him away to the lockup, and took charge of the insensible form of the nearly murdered woman. I sought out the home of these two unfortunates and did what I could to remedy the mischief; but I could only palliate what I could not cure.

Such was one of the many instances of which I could not resist the practical logic, and I gave up the business after a while. But this was not the only consideration which induced me to do so; there were others and some of them were these—I would not sell liquor behind my own bar, but paid a high salary to some one else to do it, I was ashamed to do it; I felt that my business was in a measure, at least, disgraceful and degrading and I concluded to give up such an occupation of whose details I was ashamed.

I knew all the time that I was deceiving my patrons and that I gave no fair consideration for the money I received, and that the article was not what I represented it to be; in fact I labored hard to see the distinction between it and swindling, but failed, and gave it up.

I knew that my money was taken in a great part from the miserably poor; that women and children suffered for the want of it.

Liquor will always be drank; there is a great deal of money to be made in selling it, and that money is gained without much personal labor and very rapidly; but I do not care to resume the business.

Such a confession, and those who know the business best, best know how substantially accurate it is, ought to compel earnest thought, and to ensure the honest recognition of the wrong.

It would hardly be modest to assume that the problem which the facts of *vini morbus* and its consequences and incidents present, can be thoroughly solved, in the wisest way, by me or any other one; but, as the experiments of the past have substantially failed, there would seem to be some hitherto unrecognized cause for these failures; a distinct recognition and avoidance of which, might make success possible with measures adopted under the admission

of what I feel to be the real truth. That inebriety is a disease, and to be combated as such, if combated at all.

Prohibition of the traffic in liquors, through the enactment of laws shaped to that end, has been the favorite panacea of the philanthropist for the cure of the disease; but from the nature of our institutions, and from the constitution of man, such a remedy has been and must be a failure. Even more, it has been, and must be, a provocation to deliberate sin of a character as prejudicial to the common weal as drupkenness itself, to which the palliation of not being deliberate in most cases, can be urged.

The universal sense of personal responsibility and perfect freedom of individual belief and action in this country, make the passage of such laws an offence to "the inalienable right of self government" in the people. Such laws instantly call into being a blind, and somewhat unreasoning spirit of resistance; and where direct and positive resistance is impossible, resort is had to every means of evasion. Every expedient to defeat them is thought to be allowable and the sacredness of any and every law is brought into instant and imminent peril.

The people will not brook interference with what they consider the right of private judgment, and the right to decide personal action, in such matters; they resist the attempt to manufacture a public conscience, save in matters of purely public policy; they will not submit to the indignity of an universal rule of restraint—a law-appointed virtue—in matters which admit of individual difference of conviction and concern private personal self-control. They will not be compelled to a morality, which to some of them, is a myth, and which all of them claim the right to define and enforce for themselves. Because some are weak, they will not submit to a legal judgment of universal imbecility, and to the operation of *quasi* sumptuary laws based upon that judgment. In this nineteenth century, and in this country, men will not consent to be robbed of their right to cultivate

private virtues through personal effort and self-control.

Legal interference with the use of liquors would seem impossible and impolitic; legal notice of the abuse of it, and of the consequences of that abuse, is necessary; but that notice should be as wise as human wisdom and human knowledge of the causes and nature of drunkenness can make it.

To treat drunkenness as an avoidable crime in all cases, is a great mistake; all laws, now existing on the subject do so treat it; vindictive punishment in the shape of fines and imprisonment is the legal mode of meeting it. Those fines are devoted to the purposes of education, in most States; as a rule, this appropriation of the revenue arising from this source expends it in a direction as far removed as possible from meeting the claims of the misery and want which always accompany drunkenness, and which ought, as far as possible to be relieved from the public income extorted from drunkards, by public justice. For the children of drunkards are those who reap the least advantage from the provisions for free education, as poverty, and the need of finding the means of support, excludes them from the possibility of attending school.

Are temperance reformers and temperance leagues then all wrong? Yes!

Are the laws in reference to drunkenness ill-advised and mistaken? Yes!

These questions which must have arisen in the minds of my readers, I answer thus frankly and give these as my reasons—

All law requires as the excuse for its existence, that there should be a state of facts calling for the control it assumes, and that control should be calculated to effect a public good and be based upon a thorough knowledge of the nature of the matters to be controlled; any of these prerequisites being wanting, law must either be wholly inopera-

tive for want of material for its operation, or be a public nuisance and a grievous wrong.

The fatal mistake of all liquor laws of the present or past, is, that they do not recognize the true nature of the matters they are framed to control and correct, and therefore they are a public nuisance and a grievous wrong.

They do not treat drunkenness as a disease, but as a crime, and therein fail of one of the pre-requisites,—which makes them a nuisance. They work bitter wrong to a class whom the judgment of Heaven has referred to man's pity not to man's vengeance, and they are therein a grievance.

It is self-evident that attempts to prevent or to cure drunkenness, up to this time, have been failures; the most earnest and persistent efforts have been made by those who have had man's best interests at heart to do both; eloquence has been exhausted in vain; statistics of terrible import have been collected and published in vain; man's regard for a solemn promise has been appealed to with only temporary success; the terrors of the law have been brought into requisition—yet all has been useless to effect any radical change in men's habits, or 'to ameliorate, to any great extent, the consequences of intoxication and the failure of the means employed has begotten a very general impression that the task is hopeless, for reformer, legislator, or social philanthropist. And certain great positive ills have followed from the employment of these agencies based upon the criminal aspect of the trouble.

It will be, I think, theoretically, at least—for as yet the proposed method of treatment has not been subjected to the practical test of experience—equally self-evident, to every thinking mind, that, if drunkenness be accepted as a disease and treated as such, success to man's highest hopes for man is possible in this regard.

Statistics show, as is so frequently urged upon our notice in all temperance arguments, that our jails, penitentiaries and houses of correction are filled by those who were brought there by drunkenness; that a great part of the expense of the administration of justice is rendered necessary by the same cause. This is probably true, to a great extent, and the fines paid by those already made miserably poor by drunkenness do not, under present arrangements, benefit the impoverished families of the victims to this disease.

Suppose that the state build asylums for the drunkard; that the victim of drunkenness be sentenced, not to jail, but to this asylum—that, the patient be treated as in our insane asylums, as a diseased person—the treatment of course, being different in kind as the cases differ—that the inmates of the asylum be employed at such work as they can best perform—that the patient who is cured be returned to society, and allowed once more the liberty of caring for himself and family, with the understanding that the law will resume control of him, if he loses control of himself again.

Suppose that the half of the earnings of the inebriate go to the support of the asylum, if so large a percentage be needful, and that the other moiety be devoted to the needs of his family from whom it has been necessary to separate their natural head and bread-winner. Suppose that the income from licenses for the sale of liquors be devoted to the purpose of a fund to support those bereaved families.

Suppose that the fines be wholly done away with, and as a consequence of this method of treatment, the jails, penitentiaries and houses of correction be nearly emptied of inmates, as must be the case, if the temperance statistics referred to before are true, and here is, at once, a direct and enormous saving of expense. The school fund will suffer perhaps, but the community will be saved from an expenditure that is only a measure of public disgrace and individual degradation; and then the community can well afford to apply the sum so saved to the educational interests of the state. Moreover, this school money will not have been snatched from the famishing wives and children;

and the practical injustice which, up to this time, has worn the thin disguise of a tax on incurable immorality for the furtherance of enlightenment and virtue, will be avoided. The wages of sin will no longer be the support of our system of free schools, and education will owe no further debt to vice, as it is now unjustly termed, disease, as it really is.

All parties concerned in this miserable business will be immediately and immensely benefited by this change in the treatment of drunkenness. The cause of public virtue and private happiness will be greatly subserved, and "man's inhumanity to man" will, to some extent, at least, be a thing of the past. Noble ends will no longer be gained through ignoble means; the conclusions of truth, righteously acted upon, will restore to the law her proud boast of being charitable and wise, and thousands of wives and children, rescued from want and misery, will bless the source of their renewed happiness, and respectability. only course of treatment which ever has resulted in a cure of the disease will be applied in the asylum by removal of the possibility of indulging its cravings and the patient will be restored to his lost manhood, and his powers of resistance to the attacks of the disease. If it should return upon him, if self-control is impossible to him, a refuge is always open to him in the asylum, and his retreat thither saves his family a sure resource for support, which was in great hazard while he was in the world and tempted every hour.

Men will deliberately incur the censure of the world for such a sin as that of drunkennesss, but they will not patiently endure the supposition that they are diseased; such is human nature; and this fact will give to the law a larger restraining influence than its present terrors can. At present, the drunkard's deprivation of liberty is but temporary. Under the asylum system it must be long continued, and it may be for life; its duration is dependent entirely upon his exertion of self-control, and, consequently, gives him the highest incentive to its exercise, and lends

to the community the best guarantee possible for his continued and habitual sobriety. It gains the ends of the temperance leagues, and answers the prayers of the philanthropist.

Let the present liquor laws be so changed as to meet this requirement—of drunkenness to be treated as a disease, and one of the problems of modern social life will be solved, at least, partially.











